

## CLAIMS

1. A composition for improving blood fluidity, comprising a proanthocyanidin as an active component.  
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2. The composition of claim 1, wherein the composition improves blood cell fluidity.
3. The composition for improving blood fluidity of claim 1 or 2, further  
10 comprising ascorbic acid or a derivative thereof.
4. The composition for improving blood fluidity of any one of claims 1 to 3, wherein the proanthocyanidin comprises at least 20 wt% of OPC (oligomeric proanthocyanidin).  
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5. A beverage comprising a proanthocyanidin and ascorbic acid or a derivative thereof.
6. The beverage of claim 5, wherein the proanthocyanidin and the  
20 ascorbic acid or derivative thereof are contained at a weight ratio of 1 : 0.1 to 1:500.
7. The beverage of claim 5 or 6, wherein the proanthocyanidin is contained in the beverage in a concentration of 1 mg/L or more.  
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8. The beverage of any one of claims 5 to 7, wherein the beverage is a tea drink.

9. The beverage of any one of claims 5 to 8, wherein the beverage has blood fluidity improvement properties.